Food safety in an emergency

Although I have heard of no power outages during this last snow event, we do know that winter is in full control. This can lead to power outages from storms. Knowing how to determine if food is safe and how to keep food safe will help minimize the potential loss of food and reduce the risk of food borne illnesses.

Always keep meat, poultry, fish, and eggs refrigerated at or below 40 degrees F and frozen food at or below 0 degrees F. This may be difficult when the power is out.

Keep the refrigerator and freezer doors closed as much as possible. An unopened refrigerator will keep food safely cold for about 4 hours. A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full) if the door remains closed. Obtain dry or block ice to keep your refrigerator as cold as possible if the





power is going to be out for a prolonged period of time. Fifty pounds of dry ice should hold an 18 cubic foot full freezer for two days. Plan ahead and know where dry ice and block ice can be purchased.

Food thermometers and appliance thermometers will help you know if the food is at safe temperatures. Keep an appliance thermometer in the refrigerator and freezer at all times.

To help you know if food may have gotten too warm during a power outage, put a small bowl full of ice cubes in your freezer. You could also use a plastic bag

to hold the ice cubes. When you open your freezer, if the cubes are still in tact, your food is probably safe. However, if the cubes have melted and are no longer in cube form, the food probably needs to be replaced. This means that the freezer has gotten warm enough to allow the ice cubes to melt. So when in doubt, throw it out - even if the ice cubes have re-frozen into a solid chunk. Paying the hospital bill for a food borne illness is a lot more expensive than replacing food that has gotten too warm for too long a period of

If you have questions about power outages and food safety, please feel free to contact your local K-State Research and Extension Office or you may contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at twwatts@ksu.edu or you may call 785-443-3663.

news STUDENT

Eisenhower Elementary will be holding its annual Kindergarten Roundup on Monday, March 3. It will be at 5 p.m. The meeting will be in the school cafeteria, with Mr. Roy, the kindergarten teachers and the school nurse. This meeting will last approximately 30 to 40 minutes. At this meeting we will discuss what is required for school attendance. Students must have turned five on or before August 31 to be eligible for Kindergarten.

This meeting is for parents

Students will have the opportunity to visit the school later this spring during the Kindergarten screen and at Kamp Kindergarten. If there are any questions, please contact the school at 877-5113.

The Northern Valley Forensics season is now in full swing. We have 13 students signed up for this year's activities. They have been practicing and rehearsing this entire month. On Saturday, Jan. 25, 2014, the following eight students traveled to Hill City for the first tournament of the season. Those students were: Dakota Hilburn, Makayla Smith, Beatriz De La Fuente, Kristen Leibhart, Gabriel Anderson, Camden Cox, Cole

Bingham, and Macy Kasson.

The Northern Valley Booster Club provided juice, snack bars, and oranges for the kids. The Long Island cooks spoiled us with their cookies. Thank you to both groups for your support of the forensics team. Jessie Thalheim (student – teacher) went along and helped sponsor and judge for us. Thank you for your help; it was greatly appreciated.

The weather could not have been any better for the end of

January. We left at 6:30 p.m. and arrived in Hill City at 7:30 p.m. There were three preliminary rounds. Macy and Cole made it into the finals in the category of Improvised Duet Acting and placed fourth. This does not get them state qualified, but it is definitely a morale booster for the team. The entire team did a great job and improved throughout the day. Until next time...keep your act together.

HONOR ROLL

Norton Community High School 2013-2014 Honor Roll 1st Semester Highest Honor 4.00 9th Grade Brian Clavijo Caitlyn Cox Wilson Ellis Christine Figurski Kennedy Leibbrandt Miah Melvin Layton Miller Josephine Otter Jena Risewick 10th Grade Casey Ambrosier Philip Boutwell Weston Erbert Kirstin Georgeson Lauren Mordecai Raenee Patterson Valery Rostek 11th Grade Lindsay Addington Morgan Farber Chance Uehlin 12th Grade Bailey Ambrosier Darcy Bainter Leif Carlson Katelyn Engelbert Ashley Hildebrand Cody O'Hare Johnnye Ruder Jared Shelton Honor I 3.50-3.99 9th Grade Alexzandria Aldridge Jacob Green Caleb Gregerson Tyus Henson Mitchell Hickman Macayla Kent Koby McEwen Baylee Miller Kira Robertson Julian Snyder Kade Unterseher Taylor Wahlmeier

Harrison Woodyard

Trenton Wright

Andrew Bashford

10th Grade

Kyle Bell

Carmen Ball

James Berry

Hailey Branek

Audrie Burge

Alma Clavijo

Taylor Dicks

Sylvia Estes

Mariah Dawley

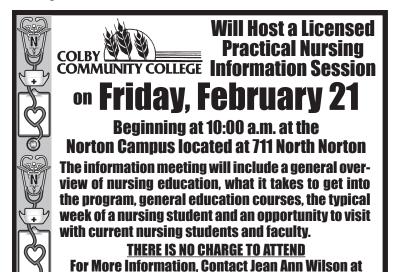
Evan Chambers

Skylar Johnson Shelby Mulford Nickala O'Hare Kylie Perez Nicholas Peterson Quinton Porter Lexi Voss 11th Grade Neysa Carlson Stephen Cummings Grant Gordon Connor Griffey Kobie Unterseher Charles Whitney 12th Grade Branson Addington Gabriel Bird Zachary Esslinger Marisa Maddy Hannah Pollock Drew Schrum Landon Slipke Honors II 3.00-3.49 9th Grade Landon Porter 10th Grade Adriana Ankenman Hanna Brooks Tevin Brown Trei Burns Cayanna Campbell Jesse Courtain Brionnah Fessler Brendon Frack Theresa Gallegos Alexus Hartwell Ward Hayes Dawn Herring Rachel Jones Michael Kasson Rachel Koerperich Gavin Lively Molly Maddy **Zachary Morris** Morgan Olliff

Peyton Renner Kristin Stewart Ryan Thrailkill 11th Grade Kaitlyn Bohl Derick Campbell Conor Cox Sheridan Dillehay Kenzie Esslinger Wyatt Harting Jordan Karnopp Nicholas Koch Tyler Kuhn Andrew McMullen Derek Rowh Molly Scott Jesika Smith Breven Sondergaard 12th Grade Zachary Bird Travis Cressler **Brandy Davis** Shauna Gibson Alec Hager Austin Hager Damian Lawson Jonathon Meyer Marc Miller Cole Renner Ethan Ross

Dalton Pfannenstiel





(785) 460-4629 or Connie Green at (785) 460-4621

Sweetheart Expo!



A good crowd was on hand throughout the day on Saturday at the annual Sweetheart Home Based Craft Business Expo held at the Norton National Guard Armory. There were numerous vendors and a lunch stand available. (Pictured) Missy Rumback, Miche Bags representative, shows Mary Jo Montgomery, one of the many items she had for sale.

-Telegram photo by Mike Stephens

GOLLEGE NOTES

The Dane G. Hansen Foundation announced that health career scholarships will again be made available in 2014. Any application for a health-related career that will enhance the delivery of health care in the Phillipsburg/Norton area will be considered.

To be eligible for this scholarship the applicant must have completed the pre-requisite classes and been accepted into their chosen medical field.

Each scholarship carries a \$3,000 annual grant. The awards are renewable, year by year, if satisfactory progress is made toward completion of professional training.

Recipients of the scholarships must agree to return to the Phillips County Hospital to serve in their professional capacities for at least one year for each year the scholarship is awarded. If there are no openings in the Phillips County Hospital, recipients shall offer their services



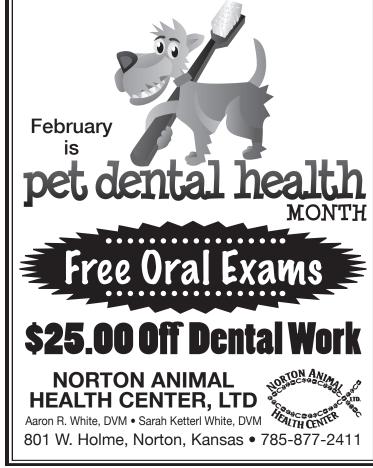
to the Norton County Hospital. In the case that neither should have an opening the applicant must find work in their chosen field in these 26 northwest Kansas counties: Cheyenne, Cloud, Decatur, Ellis, Ellsworth, Gove, Graham, Jewell, Lincoln, Logan, Mitchell, Norton, Osborne, Ottawa, Phillips, Rawlins, Republic, Rooks, Russell, Saline, Sheridan, Sherman, Smith, Thomas, Trego and Wallace.

The scholarships are administered by the Board of Trustees

of the Phillips County Hospital, which is managed by Great Plains Health Alliance. After receiving the applications, an interview will be set up with the Hospital Board of Trustees.

Applicants should write for information to:

Health Scholarships Attn: Human Resources Phillips County Hospital P.O. Box 607 Phillipsburg, KS 67661 Deadline for applications will be April 18, 2014.



Coins, Tools, Livestock Helps and Dishes Auction **Richard and Ruth Burd,**

Larry Johnson and Others Saturday, Feb. 15, 2014

STARTING TIME: 10:00 A.M.

National Guard Armory, N. Why. 283, Norton, KS 67654

•COINS, COLLECTOR CARDS: (WILL SELL AT 1:00 P.M.) •TOOLS •YARD AND GARDEN TOOLS •SPORTS AND PETS •LIVESTOCK HELPS •CAPE COD DISHES •SPECIALTY ITEMS •HOUSEHOLD

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www.nex-tech.com - select free classified auctions or www.nwkansasonline. com - search for McEwen Auction or www.auctionzhip.com - enter 67654

AUCTIONEER NOTES: This sale is due to some folks that are moving from our

Duane R. McEwen - Auctioneer & Salesperson McEwen Auction East Hwy 36 601 East Holme 785-877-3032 Auction Advantage

community and the death of a spouse. We will look forward to your attendance at this auction! While the coins are being sold, another ring will continue with the items in the sale. This sale may grow as the time comes closer so be prepared to stay later if needed on this day after Valentine's Day!